

MONOGRAM

OCTOBER 2022



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. One of the top priorities for this annual campaign is to educate women on what they can do to be proactive with their breast health. Knowledge and early detection can save lives!

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Breast Cancer Awareness

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the five-year relative survival rate is 99 percent. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams & mammograms.

Adult women of all ages are encouraged to perform breast self-exams at least once a month. Johns Hopkins Medical center states, “Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”

A clinical breast exam is performed by a healthcare professional who is trained to recognize many different types of abnormalities and warning signs. This in-office exam will most likely be completed by your family physician or gynecologist at your annual exam.

Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro-calcifications. Lumps can be caused by cancer, fatty cells, or other conditions like cysts. A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue.

- Women 40 and older should have mammograms every 1-2 years.
- Women who are younger than 40 and have high-risk factors for breast cancer should ask their health care professional whether mammograms are advisable and how often to have them.

Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.

Additional information on breast cancer and prevention can be accessed [here](#).

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Local Events



Mammoth Hospital

- Providing \$10 mammograms for the month of October for those who are 40 years and up and uninsured.
- Extending operating hours on Saturday, October 15th, and Saturday, October 19th
 - 8AM – 1PM

Northern Inyo Hospital

- October 4th, 5PM – 8PM: “Night for First Timers”
 - Trained mammographers will be on-site to talk about the screening process, answer questions, and help to establish a routine of breast examinations.
- October 12th, 5PM – 8PM: “Get Back on Track”
 - Open to women who have not had a mammogram in more than two years.
- October 20th, 5PM – 8PM: “Open to All Patients”
 - Evening appointments are available to all women looking for a mammogram.
- October 27th, 5PM – 8PM: “Open to All Patients”
 - Evening appointments are available to all women looking for a mammogram.

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Local Resources

[Mammoth Hospital Mammography Services](#)

[Northern Inyo Hospital Breast Health](#)

